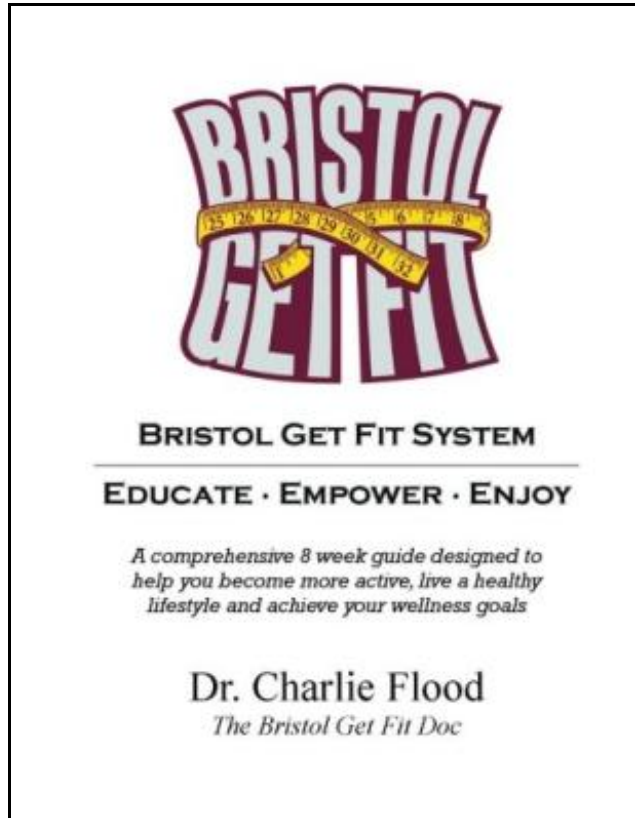


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(Jaiden Konopelski)

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Dr. Charles Flood, United States, 2011. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Dr. Charlie Flood s Bristol Get Fit System is a comprehensive 8 week guide designed to help you become more active, live a healthy lifestyle and achieve your wellness goals! If you are looking to improve or regain your health, but don t know where to start, the Bristol Get Fit System is the answer for you! Using the Bristol Get Fit System s Educate-Empower-Enjoy principles, you will learn: - How to construct a nutrition plan completely customized to you made up of your favorite foods to meet your desired nutrition goals. - A beginner level aerobic training program designed to help manage your weight, increase your stamina, reduce your fatigue, boost your immune system and improve your cardiovascular health. - A beginner and Intermediate level core strengthening program to help you strengthen your body, build muscle, boost your metabolism, reduce your aches and pains and improve your posture, balance and coordination. - How to take a new, proactive approach to your health to help you maintain your health at its highest levels. Armed with the knowledge and inner workings of all the tools of this system, you can then assemble a plan best suited to your needs, fitness levels and time schedule to put you on the path to achieving your desired goals and enjoying all the benefits that come with improved health!.



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